

#### ABSTRACT OF THE DISCLOSURE

Milled rice grains are primarily immersed, and at least surface layers of the grains are converted to the alpha-type. The rice grains are then preliminarily dried and consummatively polished, and are further subjected to secondary immersing and secondary alpha-type conversion. During these processes, there occurs no cracking on the surfaces of the rice grains. The consummatively polished rice grains are then separated into individual single grains. The separated individual single grains are finally dried whereby the finished product of instant rice is obtained. The instant rice containing polished rice has good appearance and quality.